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TIMEOUT FOR HEALING



by Susan Cord

Susan Cord is the founder and director of the South Bay BodyMind Connection with her husband, John Camplin, MFCC, in Redondo Beach, California. This holistic center offers individual body-mind therapies and education. Susan has been using the Hemi-Sync technology personally and professionally since 1986 and has been a Professional Division member since 1989. In the following report, Susan shares her personal experience with the TIMEOUT CD.

Have you ever had a particular agenda organized and activated, with expectations and anticipated results in place, only to have a totally different agenda pop up and say, "Surprise!"? That describes what happened for me with the *TIMEOUT CD*.

In May of 1993 I eagerly set up a sound system so my clients could listen to the *TIMEOUT CD* through stereo headphones—similar to the ones used in the CHEC units at TMI. Open speakers were set perpendicular to and equidistant from either side of the client's headphones to fill the environment with Hemi-Sync signals. I just knew that programming the CD with lots of dream-state tracks would assist my clients into an expanded state of consciousness and they would be able to gather all the information they needed from their inner journeys quickly and easily with little or no effort on my behalf—a therapist's dream come true! Did it happen? Absolutely! People who had never been "visual" during their journeys could now "see"; those who were very "tapped in" went deeper and had richer experiences. Needless to say, I was ecstatic. Did "I" ever use the CD for sleep? Naw! Once in a while I would set up a sleep program for an overnight guest with the usual satisfying results. Then, an odd occurrence, the Hemi-Sync healer herself got sick.

Oops! How did that happen? Well, while having my immune system go wacky was embarrassing, it was not totally unanticipated. I had driven my body hard and at a furious pace for many years. Surely, since I was so-o-o enlightened, my physical vehicle would never break down. Wrong!

The illness I presented to myself was (and still is) called fibromyalgia syndrome, or FMS. It is not fatal, but it is excruciatingly painful. Some FMS patients would like to have a permanent out-of-body experience. This chronic musculoskeletal condition causes fatigue and pain through-

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The *TIMEOUT CD* was instrumental in Susan Cord's confrontation with fibromyalgia syndrome and in aligning her professional knowledge with her personal beliefs.

RE-CREATING RECREATIONiii

What if we emphasized cooperation rather than competition in recreational activities? Could Hemi-Sync contribute to such a shift? Stephen Graf investigates the possibilities.

out the body. It's like having the worst flu you've ever had ALL the time. After being diagnosed with FMS in November of 1992, I made plans to heal myself with good eating habits, constant use of the *H-PLUS* Functions, daily meditations with Hemi-Sync, regular bodywork treatments, and lots of love and laughter. Is anything missing from that plan? How about rest?

In 1993, I worked at United Airlines, maintained a private practice at the Center, held BodyMind classes, and spent every vacation week training *LIFE SPAN 2000* at the Institute. By January of 1994, I could no longer walk up stairs without stabbing pains in my left hip. Chronic fatigue accompanied the FMS. It felt like menopause. By attending a *GATEWAY VOYAGE* in January 1994, I intended to get my act together and heal this thing. Instead, by mid-February I was a wreck. Not me!? The doctor who had diagnosed FMS advised me that mine was a classic, full-blown case. I elected to follow his avant-garde program, which exacerbates the syndrome and its effects but eventually pushes the FMS out of the system.

I told my boss at United, "I'm going to take a couple of weeks off and heal this thing I'm experiencing." Instead, the next three months were spent in bed sleeping to escape the pain that was now throughout my body. Deeply depressed and unable to get interested in anything, I even stopped listening to Hemi-Sync. In June there were a few good days devoted to some self-healing. My saint of a husband did everything for me. Friends and students showered me with undreamed-of gifts of love. In August, I visited Virginia to see two of my favorite people in the world, thrilled to be able to make the trip. Surely the finish line was near. However, according to my doctor, the FMS was not "cycling" out of my body at the proper rate. He consequently increased the medication and I crashed. Back to the tunnel of pain and depression. None of my tools seemed to help.

Then one day a booklet arrived from one of the FMS networks. One section referred to the sleep disorder that accompanies FMS. A sleep study had shown that even healthy humans, when deprived of sleep in a pattern similar to FMS, developed FMS symptoms. And, when sleep was restored to normal, the participants in the study were relieved of the symptoms. I got out of bed, got dressed, went straight to Circuit City, and bought a portable CD player with detachable speakers to set up in my bedroom. In went the *TIMEOUT* CD, and for the first time in years I slept like a normal person! I'd always attributed feeling marvelous at TMI to an energy high. Now it seemed that listening to the sleep processor must have contributed. Also, two of my healthiest years were when the Hemi-Sync synthesizer was on all night. I don't remember why the synthesizer was disconnected, but evidently I was disconnected about the same time.

Since the middle of September, recovery has been rapid. It's now possible to walk upstairs without pain, and the rest of my body is pain-free a lot of the time. One or two "*TIMEOUT* naps" a day keep the chronic fatigue at bay. There are more comfortable times than painful times, and I'm optimistic about a full recovery. What have I learned? A deep respect for the physical body and the importance of a balanced lifestyle. This has also been an opportunity to witness love as the supreme healer. Nineteen ninety-four was filled with discovery. Who am I? I am love living through the mental, emotional, spiritual, and physical bodies of Susan Elaine Cord. I have finally learned what I've taught

all these years. Surprise!

Here are my programs for using the *TIMEOUT* CD in BodyMind work and for personal management of fibromyalgia syndrome. Use them with love.

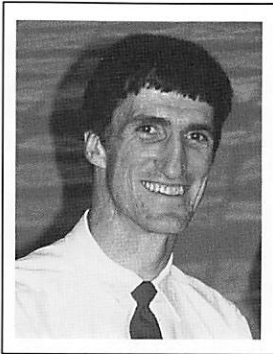
1. BodyMind Work:
 - a. The *METAMUSIC* CDs are playing as the client arrives and during the pretreatment discussion. They seem to create an atmosphere for open, relaxed, and focused communication.
 - b. The BodyMind inner journey occurs on a massage table with stereo headphones on the client and open speakers placed perpendicular to and equidistant from either side of the headphones. The treatment varies with each client but is usually guided verbally by the therapist. For the journey: program tracks 4,6,6,6,6,6,3 (approximately sixty-eight minutes). Add more six tracks if time permits. Six is seven minutes, fifty-seven seconds, in length.
 - c. The *METAMUSIC* CDs are played during debriefing.
2. Coping with a high stress or pain day:
Program track four to repeat throughout the day. Keep at low volume. Option: program *METAMUSIC* CDs to repeat all day.
3. Deep relaxation:
Program tracks 2,5,5,5,6,5,5,3—approximately one hour.
Program tracks 2,5,5,5,6,6,5,5,5,6,6,5,5,6,6,3—approximately two hours.
4. Meditation:
Program tracks 2,4,6,6,6,6,9—approximately one hour.
5. Thirty-five-minute restorative nap:
Program tracks 5,5,7,5,5,9.
6. Deep delta "get away from the pain" sleep:
Program track five to repeat all night.
Note: DO NOT do more than one night of just the five track, because it seems the "wave" pattern is essential to restore the whole body.
7. Restorative night's sleep:
Program tracks 5,5,5,5,6,6,5,5,5,6,6,5,5,5,6,*7*,6 to repeat all night. Option: if track seven's dialogue awakens you, then program tracks 5,5,5,5,6 to repeat all night.
8. For mornings when you need a "push start":
Program tracks 4,7,6,9—approximately twenty-eight minutes.
The push-start program is a great opportunity to do Resonant Tuning or affirmations that will set the tone for the day.

Let me know how these programs work for you or your clients. I'd also enjoy hearing about other combinations that have worked well. Please contact me with questions or comments at: South Bay BodyMind Connection, 639 Paseo De La Playa, #104, Redondo Beach, CA 90277, or phone (310) 375-2336.

[The Monroe Institute is not a medical or therapeutic organization. Hemi-Sync products are intended as a support, not as a replacement for medical diagnosis and treatment.]



RE-CREATING RECREATION: HEMI-SYNC IN COMPETITIVE AND COOPERATIVE SITUATIONS



by Stephen A. Graf, PhD

Stephen Graf has specialized in applied behavior analysis with general interests in informational and educational technology and, particularly, applications of Standard Celeration Charting. A professor in the psychology department of Youngstown State University for twenty-two years, he has edited the Association for Behavioral Analysis Newsletter for the last ten. In this paper, Dr. Graf explores the implications of engaging in recreational activity from a cooperative rather than a competitive stance and how Hemi-Sync might factor into the resulting equation.

The categories of human behavior described as "competitive" and "cooperative" seem to have played significant roles throughout recorded history. If we allow for the possibility of long-term and episodic challenges to our continuing existence on the planet, we should strategically plan to improve our abilities to cooperate. One way to accomplish improvement would be to structure our recreational pursuits along cooperative venture lines. How might Hemi-Sync be used to help advance such ideals? This was the problem confronted in several experiential demonstrations for Professional Members attending the 1994 Professional Seminar at The Monroe Institute last July.

Long-term challenges to human existence include such processes as overpopulation, famine or crop failures, disease, and deterioration of the ozone layer. None of these processes take place in an instant but rather extend over various lengths of time. Episodic challenges include earthquakes, tidal waves, pole shifts, and collisions with sufficiently sized chunks of matter. These processes wreak instant devastation to potentially large segments of humanity. Nuclear war should also be included in this category under a sub-heading of self-inflicted destruction. Occurrence of any of these challenges could change our lives dramatically within scant amounts of time.

Competitive behavior involves wins and losses—a gain

by one entity at the expense of another. Instances range from wars between nations to verbal exchanges between couples. The beliefs that often underlie competition equate to statements such as "It's either us or them" or "It's either you or me." Cooperative behavior involves gains by everyone involved. The notions that "We can make it" or "We're in this together" represent expressions of this type of belief. Instances range from large-scale disaster relief efforts to two individuals working together to solve a problem.

Much of our recreational time—doing what we want to do rather than what we need to do—ties into competitive endeavors. We may watch athletes matching skills or we may get caught up in a suspenseful story pitting "good guys" against "bad guys." Some of us may actually even engage in competition ourselves instead of simply spectating. Competitive situations seem to permeate our lives—not just our recreational behavior. We compete for grades, for academic honors, for positions in the band, for spots on the team, for jobs, for promotions, for markets, for territory, for trade superiority, etc. From a personal to a national level, we get caught up in the "you or me" conflict.

What if we re-created our recreational activities to emphasize cooperative behaviors? What changes might that produce in our perspective on other parts of our lives? To be sure, cooperation can already be found interwoven in the competitive context. Players on one team cooperate, but their basis for cooperation can still be linked to competition—beating the other team.

The bulk of sport involves the win-lose aspect. The exhilarative arousal from the action usually takes a back seat to the competitive characteristics. A different emphasis would be a drastic departure from our current time-space events. Could the nature of cooperative events hold our interest as well as competitive ones have?



The following three experiences were contrived to sample the actions and feelings associated with recreational experiences of a competitive and cooperative nature.

Experience One

Our first game had a somewhat typical "us or them: survival of the fittest" theme. Participants paired off into two-person teams with one member of each team blindfolded. After being led off to an unknown position on the

slopes of the Institute grounds, the blindfolded individuals had to rely on their partners to guide them to survival—a designated goal area. All the “guides”—the sighted members of the teams—were cordoned off together in a small area approximately equidistant from the dispersed blindfolded players. Since all voice communications originated from the same area, blindfolded players had to rely on voice familiarity or other clues—intuitive or otherwise—to navigate their course. Collisions would produce annihilation for anyone involved. The “winner” reached the goal area first.

Experience Two

Our second game substituted a cooperative theme, “utopia or oblivion: everybody or nobody!” Participants remained paired as in the initial game with the other partner now donning the blindfold. Each blindfolded player held a tennis ball—a vaccine—which needed to be delivered to the goal area. Blindfolded players were again dispersed randomly with sighted individuals remaining together in a prescribed area. All the blindfolded players needed to reach the goal for everyone to survive. This meant no collisions could occur between blindfolded players. Instructions were that everyone should cooperate in whatever way feasible. Sighted partners were again encouraged to call out instructions. In addition to the non-contact rule, all blindfolded players needed to reach the goal area within a five-minute time limit for everyone to survive. The time limit was not met. Unfortunately, the cooperative venture failed when individuals collided and all were lost.

Following Experience Two, we went “home” to Focus 27 inside David Francis Hall where an interesting question was raised by Connie Townsend. Under instructions to cooperate in whatever way feasible, why had the blindfolded participants not communicated their positions to each other to avoid colliding? Perhaps this represents one of the subtle dangers of our strongly competitive culture. We haven’t learned to cooperate effectively to the extent that might be necessary in such emergency situations as those represented by the game. Jack Auman, my associate, had produced a random number generating program that followed the research done by Brenda Dunne and Robert Jahn at Princeton University over the past fifteen years. Beverly Rubik of the Center for Frontier Sciences at Temple University described this research in her presentation at TMI’s 1993 Professional Seminar. We thought it would be interesting to combine the Dunne and Jahn ideas of attempting to influence random numbers in specific directions with Hemi-Sync *METAMUSIC* in the background. In addition, participants would again engage in competitive and cooperative aims.

Experience Three

Participants were split into two groups and a series of trials ensued. In the initial set, no *METAMUSIC* background was used. Subsequently, Mark Certo provided first Focus 10 and then Focus 12 selections. Each was five minutes in duration. On cooperative trials, half the participants were to aim high while the other half were to aim low. On other trials, participants were instructed not to try to influence the numbers in any way. This provided a no-intent control comparison.

Experiments of this type usually run substantially longer than the fifteen minutes we spent sampling the

various conditions. On the trials we ran, the no-intent controls produced a preponderance of low numbers with the odds against the result equal to 71 to 1. Cooperative high attempts and cooperative low attempts were not significant. Competitive high/low attempts had a preponderance of low numbers with the odds against the result equal to 27 to 1. An individual desiring to run a cooperative trial at the conclusion of our session produced a preponderance of high numbers with odds against the obtained results at 160 to 1.

Experience Three provided some samples from the group on a random number influencing program being used for the first time. The group found it amusing that the most unimpressive results came from the cooperative conditions, while the competitive and no-intent conditions produced seemingly significant outcomes.

In a culture driven for centuries on competition, yet now faced with challenges of global concern, perhaps we need to look carefully at the development of cooperative behavior throughout the fabric of our lives. The enigmatic conclusion drawn from the attempts to “switch on” cooperative efforts with the Professional Seminar group seemed to indicate that this may be more challenging than we would have anticipated. The heightened focus capabilities that Hemi-Sync has reliably produced suggest that it could be a valuable catalyst in future studies of the phenomena described above. A strength of Hemi-Sync research and experience has been now repeatable practiced effects become. This would seem to provide an admirable match for the kinds of studies that are criticized for the lack of such repeatability.



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